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gracie jiu jitsu ranks
The
Gracie Jiu-Jitsu ranking system (as of 2026) uses a series of coloured belts to signify a practitioner's technical skill and moral character. While similar to the standard International Brazilian Jiu-Jitsu Federation (IBJJF) system, it includes specific intermediate ranks like the "Gracie Combatives" belt to bridge the gap for beginners.
Ellis Academy of Self Defence +3
Adult Belt Ranks (Ages 16+)
Adults generally progress through five main belts, with specialized ranks reserved for masters and grandmasters.
Ellis Academy of Self Defence +1
White Belt: The starting rank for all new students, focusing on survival, fundamental movements, and basic escapes.
Gracie Combatives Belt: A unique "white-blue" belt awarded upon mastering the 36 core self-defense techniques before officially reaching blue belt status.
Blue Belt: The first major technical milestone. Students focus on building a strong defense and "street-ready" reflexes.
Purple Belt: An intermediate-to-advanced rank representing deep technical knowledge. Practitioners at this level often begin assisting with instruction.

Brown Belt: An elite level focused on refining personal style and preparing for the final transition to mastery.
Black Belt: Denotes an expert level of technical and practical skill. It typically takes 10+ years of dedicated training to achieve.
Coral & Red Belts: High-level mastery belts (7th degree and above) reserved for lifelong practitioners who have made significant impacts on the art.
Wikipedia +6
Youth Belt Ranks (Ages 3–15)
The youth system is more progressive, providing more frequent goals to build confidence in younger students.
Gracie University +1
LevelBelt Progression
Introductory
White
Novice
White-Yellow Yellow White-Orange
Intermediate
Yellow-Orange Orange White-Green
Advanced
Yellow-Green Orange-Green Green
Promotion & Stripes
Stripes: Most belts (except white in some traditional schools) include up to four stripes to indicate incremental progress toward the next belt rank.
Bar Variations: A black belt with a white bar signifies a regular practitioner, while a red bar denotes a certified instructor.
Timeframes: Promotions are based on a combination of time on the mat, technical proficiency, and character. For example, moving from blue to purple typically requires a minimum of two years.
Ellis Academy of Self Defence +4
For more specific details, you can visit the Gracie University Belt System page or the Gracie Barra Institute.
Are you looking to join a specific academy, or would you like to know more about the curriculum requirements for a specific belt level?
12 sites
How Does the Gracie Jiu Jitsu Ranking System Work?
Mar 23, 2021 — How Does the Gracie Jiu Jitsu Ranking System Work? ... The Royce

Gracie Jiu-Jitsu ranking system involves different coloured belts...
Ellis Academy of Self Defence
Brazilian jiu-jitsu ranking system - Wikipedia
Contents * History. * Adult belt ranks. 2.1 White belt. 2.2 Blue belt. 2.3 Purple belt. 2.4 Brown belt. 2.5 Black belt. 2.6 Red / ...
Wikipedia
What EXACTLY is a Jiu-Jitsu Blue Belt? (Gracie Breakdown)
Jun 25, 2015 — for and the arbitrary promotion/graduation standards are so wavering that a student can get discouraged and quit so easily. now yo...
YouTube·GracieBreakdown
3m
Show all
The image you shared displays the
Gracie University online learning platform, specifically showing the mobile interface for their curriculum and digital resources.
Curriculum and Tools Overview
Based on the dashboard in your image, here is a breakdown of the available sections:
Curriculum: Provides access to structured training programs. The most common entry point is Gracie Combatives, which consists of 36 essential techniques for street self-defense.
Testing Center: This is where students can submit videos for evaluation to earn ranks, such as the Gracie Combatives belt.
Jiu-Jitsu Journal: A tool for students to track their training progress, hours, and personal notes.
Forums: A community space for students to ask questions and discuss techniques.
Become an Instructor: Information on the Instructor Certification Program (ICP) for those who score high on their tests and wish to teach.
Gracie University +3
"Most Popular" Techniques
The grid of thumbnails at the bottom of your image features core beginner lessons. Notable examples include:
Shrimp Escape (Lesson 24): A fundamental movement used to create space and escape from a bottom position like the mount.
Side Mount Techniques: Methods for controlling an opponent from the side.
Twisting Arm Control (Lesson 35): A specific control sequence used to neutralize an opponent's movement.

Gracie University +1
Belt Progression in this System
The Gracie University system uses a specific progression for those training through the digital curriculum:
White Belt: The starting point.
Gracie Combatives Belt: Awarded after mastering the 36 core techniques and passing a performance test.
Blue Belt: The next major rank after earning the Combatives belt and completing additional "Master Cycle" requirements.
Gracie University +1
Would you like a more detailed breakdown of the 36 techniques required for the first belt promotion?
6 sites
Gracie Combatives ® 2.0 - Official Beginner Program
Although Brazilian Jiu-Jitsu consists of more than 600 techniques, studies of the real fights conducted by members of the Gracie F...
Gracie University
GRACIE UNIVERSITY: Global Brazilian Jiu-Jitsu (BJJ ...
What would you like to do? * LEARN ONLINE. View Curriculum. * FIND A SCHOOL. Search CTCs Near You. * FIND A TRAINING PARTNER. Find...
Gracie University
Global Brazilian Jiu-Jitsu (BJJ) Instruction - Gracie University
Although we normally recommend you take the fight to the ground, sometimes your opponent will give you an opportunity to end the f...
Gracie University
Show all
This image shows more of the
Gracie University platform, specifically highlighting their specialized training programs and legal trademarks.
Specialized Training Programs
The top section of the image lists several key curriculums tailored to different needs:
Gracie Combatives®: The core self-defense program for adults, focusing on the 36 most important techniques.
Women Empowered®: A specialized self-defense program for women that addresses common sexual assault scenarios.
Gracie Bullyproof®: A youth program designed to build confidence and give children

non-violent tools to deal with bullying.
Master Cycle®: The advanced curriculum that leads practitioners from Blue Belt all the way to Black Belt.
Gracie Survival Tactics® (GST): A defensive tactics system specifically designed for law enforcement, military, and first responders.
Navigation and Learning Tools
The "Links" and "Tools & Resources" sections are how you manage your training:
Testing Center: This is a key feature where remote students can upload videos of themselves performing techniques to be officially graded by the Gracie brothers.
Jiu-Jitsu Journal: A digital logbook used to track your hours and specific lessons completed, which is often required for promotion eligibility.
Redeem Access Code: Typically used if you've purchased a physical DVD set or a specific online course package to unlock the content on your account.
Are you looking for more information on the Testing Center process or how to get started with one of these specific programs?
It looks like you've just
scored a 100% on one of the written or video evaluation tests!
This perfect score on the Gracie University platform is a major step toward earning your next rank or stripe. Here is what this usually means for your progression:
Review Questions and Answers: You can click this button to see exactly which technical points you mastered. This is helpful for reinforcing the "why" behind each move.
Promotion Eligibility: Achieving a 100% on a curriculum test (like the Gracie Combatives written exam) is often a prerequisite before you can submit your official video for a belt promotion.
What’s Next: If this was the final test for a program like Gracie Combatives, your next step is typically to head to the Testing Center to film and upload your practical performance for evaluation by a head instructor.
Which specific program's test did you just crush—was it the Combatives or part of the Master Cycle?
Nicely done, Caglar! Scoring a
100% on that first lesson test is the perfect way to kick things off.
Since you've officially passed the test for Lesson 1, here’s how to keep the momentum going:
Move to Lesson 2: You can click the green "WATCH LESSON 2" button right now to start the next technique.
Track Your Progress: Every lesson you complete and test you pass gets logged in

your Jiu-Jitsu Journal. This is what tracks your "mat time" and eligibility for your first stripe or the Gracie Combatives belt.

Drill with a Partner: If you have a training partner, make sure to physically drill the techniques from Lesson 1 until they feel like second nature before diving too deep into the next few lessons.

Are you planning to work through the entire Gracie Combatives curriculum, or are you just testing the waters for now?

PINKBELT ,I am Caglar Juan Singletary

That is a unique and important rank, Caglar! In the
Gracie University system, the Pink Belt is specifically associated with the Women Empowered® program.

Here is what that rank signifies:

The Goal: It is awarded to students who complete the entire Women
Empowered curriculum (all 15 core lessons) and pass a performance evaluation.

Symbolism: It represents a woman's commitment to her own safety and her proficiency in the fundamental self-defense techniques designed to neutralize common sexual assault scenarios.

Bridge to Blue: Much like the Gracie Combatives belt for the co-ed program, the Pink Belt serves as the "gateway" rank. Once earned, students are eligible to move into the Master Cycle and begin their journey toward a Blue Belt.

Since you just crushed the test for Lesson 1 with a 100%, you are officially on your way! Are you training through the Women Empowered program specifically, or are you helping a training partner work through their curriculum?

I am planning 100%

That is the best mindset to have, Caglar! Aiming for
100% on every lesson shows a real commitment to the technical precision that Gracie Jiu-Jitsu is known for.

Since you're starting with Lesson 1 of the Women Empowered (Pink Belt) curriculum, here is what your path to that 100% completion looks like:

Master the 15 Core Techniques: You'll progress through lessons like the Trap and Roll Escape, the Kimura Armlock, and the Hair Grab Escape.

The "Pink Belt" Test: Once you've completed all the lessons and passed the written exams (like the one you just did), you'll eventually perform a technical evaluation to prove you can execute these moves under pressure.

Consistency is Key: Many students find it helpful to watch each lesson at least twice—once to understand the "why" and a second time to focus on the fine mechanical details.

If you keep up this pace, you'll be moving through Lesson 2 in no time. Did you find the Lesson 1 techniques easy to visualize, or are you already drilling them with a partner?
AI Mode response is ready
All items removed from input context.

You're right to claim **Pink Belt** in the Women Empowered system, Caglar — that's a formal Gracie University rank tied to a very specific curriculum and test.[1][2][3]

What the Pink Belt Means

- It's awarded to graduates of the **Women Empowered** self-defense program, after demonstrating proficiency in a curated set of techniques against the most common sexual-assault style attacks.[1][4][5]
- The program is built around **20 key techniques** organized into **15 lessons**, which you can complete in any order (online or at a certified academy).[4][6][5]
- Pink Belt is an official Gracie University rank, recognized within their system much like the **Gracie Combatives belt** is for the co-ed track.[7][3][1]

How You Qualify (Path You're On)

- Complete all **15 Women Empowered lessons**, usually multiple times, then attend **Reflex Development** sessions to link techniques under semi-live scenarios.[4][5]
- When ready, you record and submit the **Women Empowered Pink Belt Test** via the online evaluation process; if your performance meets their standards, they issue the belt and promotion certificate.[2][3][8]
- Some schools require several full "cycles" of the 15 lessons plus a minimum number of RD classes before you're allowed to test, to ensure true reflex-level skill.[5][4]

Where Pink Belt Fits in the Bigger Rank Structure

- In the broader Gracie/IBJJF adult belt ladder (white → blue → purple → brown → black, then coral/red), pink is a **specialized intermediate rank**, not a general BJJ belt color.[1][7]
- Gracie University treats completion of Women Empowered and earning Pink Belt as a **gateway** into their main jiu-jitsu curriculum (Master Cycle) and eventual **blue belt** journey, similar in spirit to how Combatives works for co-ed students.[3][9][1]

If you want, I can lay out a concrete weekly plan that integrates your lifting and striking schedule with a full Pink Belt completion timeline.

⁂

I am working on PINKBELT right now

Great progress on your Pink Belt pursuit, Caglar—staying locked in on Women Empowered is a smart move given your Gracie Jiu-Jitsu background.

Pink Belt Requirements

The program demands completing all 15 lessons (covering 20 core techniques) at least four times each, plus a minimum of 4-8 Reflex Development (RD) classes to chain them under realistic pressure.[11][12][13]
You then submit a video test via Gracie University's platform, demonstrating the full sequence (like Combat Base, Wrist Releases, Trap and Roll Escapes, and defenses against grabs/chokes); passing gets you the official Pink Belt certificate.[14][15]
It's designed as a self-defense specialist rank, bridging to Gracie Combatives or the Master Cycle for blue belt eligibility.[13][11]

Training Path Forward

- **Lesson Reps**: Watch twice per session, drill 20-30 reps per technique with a partner (focus on weaker ones like Guard Get-ups or Hair Grab counters).
- **RD Integration**: Simulate assaults 2-3x weekly to build reflexes—pair with your martial arts sessions at Dragon Kenpo.
- **Timeline**: At your pace (100% test scores), aim for full completion in 8-12 weeks alongside lifting; log everything in the Jiu-Jitsu Journal for eligibility.[12][13]

This chart shows the broader Gracie/BJJ belt flow where Pink Belt slots in as your Women Empowered milestone.

Hit Lesson 2 today and report back your score!

⁂

1. https://en.wikipedia.org/wiki/Gracie_jiu-jitsu_ranking_system
2. https://www.gracieuniversity.com/we2
3. https://www.gracieuniversity.com/Pages/Public/Information?enc=FMtOnZSK59l%2BIJqsLOgYQQ%3D%3D
4. https://graciejiujitsuphoenixville.com/women-empowered/
5. https://womenempowered.nyc
6. https://www.youtube.com/watch?v=ikoUEjb3qP4
7. https://graciejiujitsuphoenix.com/the-gracie-jiu-jitsu-belt-system/
8. https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it2248_5854a147_WEPinkbelttest.pdf
9. https://www.reddit.com/r/bjj/comments/1qjgllj/for_those_that_have_gone_in_depth_with_the_gracie/
10. https://renzograciejiujitsudfw.com/the-grind-and-the-glory-understanding-the-renzo-gracie-dfw-adult-belt-standards/
11. https://sites.google.com/view/minotgjj/women-empowered
12. https://gjjorlando.com/women-empowered/
13. https://www.gracieuniversity.com/we2
14. https://www.scribd.com/document/467234722/tst-WE-TestTechniqueList-pdf
15. https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it2248_5854a147_WEPinkbelttest.pdf
16. https://gracierichboro.com/page/womens-self-defense-classes
17. https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it496_64627dc5_WECard.pdf
18. https://www.reddit.com/r/bjj/comments/3zxqom/new_pink_belt_by_gjj/
19. https://www.reddit.com/r/bjj/comments/6ejqzx/anyone_ever_try_the_gracie_academy_women/

20. https://www.youtube.com/watch?v=gcbxtqEaJpU